EMPOWERING YOURSELF FOR NUTRITIONAL BEHAVIOR CHANGE

By Nicole Boysen RD, LD
Mandy Seay CDE, RD, LD
OBJECTIVES

• Understand what influences your behavior both physically and emotionally
• Steps to change your behavior
• Ways to motivate yourself to continue positive behavior change
CARING FOR THE MACHINE

- Fuel
- Maintenance
- Smoke
- Conditioning
- Repairs
HEALTH - THE FACTS

• 2017 Statistics
  • Center of Disease Control released 40% of adults and 19% of adolescents are obese
  • 79% of the population is inactive

• Obesity Related Conditions
  • Heart Disease, Stroke, Type 2 Diabetes, Some Cancers

• Southern States
SELF-REPORTED OBESITY AMONG U.S. ADULTS (2016)
BEHAVIOR INFLUENCES
A PRODUCT OF YOUR UPBRINGING

• The womb / breastfeeding
• Maturity
• Family
• School
• Peers
• Food availability
PERSONAL RELATIONSHP

- Spouse
- Children
- Friends
- Coworkers
YOUR HOME

• Screen time
• Dinner time
• The way your kitchen is arranged
• Proximity to grocery store
• Availability of varied eating establishments
YOUR EMOTIONS

- Eating to satisfy emotional needs
- Emotional Triggers
  - Stress
  - Boredom
  - Depressed
YOUR JOB

• Candy Dish
• Soda/Snack machines
• Refrigerators/Freezers or lack there of
• Frequent “goodies”
• Attitudes towards healthy eating
• Stress levels
• Time allowed for eating
• Area provided for eating
FINANCES

• Bills/Stress
• Healthy Eating and perception of costs
• Eating out

“The greatest wealth is health”
- Virgil
CHANGING BEHAVIORS
CHANGING BEHAVIOR

• We believe we have control
• Resolve is not constant
5 STEP APPROACH

1. Focus on a change of heart, not a change of mind
2. Practice self-discipline
3. Eliminate or reduce sugary, unhealthy fat-laden foods
5 STEP APPROACH (CONTINUED)

4. Make history your teacher, not your jailer

5. Surround yourself with people who will support your effort
MAKE A PLAN

- Write down your influences
- Brainstorm
- Identify your barriers
- Pick 2
- Predict the future
SMALL CHANGES = BIG RESULTS

• Set goals
  • Specific    – Swap out afternoon chips for veggies and hummus
  • Measurable  – at least 4 days of the week
  • Attainable  – (doesn’t have to be every day)
  • Realistic   – (I know I can do at least 4 days)
  • Timeline    – check after 2 weeks of trying this

• Just one to two goals at a time
• Can you live with this change?
• Go slow
PERSONAL RELATIONSHIPS

• Choose before you go
• Order/choose first
• Get the support you need
• Talk frankly with those around you that might be sabotaging you
KITCHEN COUNTER TOPS

The 20lb. Cereal Box
Kitchen Counter Foods That Relate to your Weight

Compared to your neighbor, here's how much more you'll weigh if these foods are sitting on your counters.

13lbs. Less

© Wansink, Rankin & Karapan. (Health Ed & Behavior, 2018) and Wansink (SLIM by Design 2016)
DE-CLUTTER THAT KITCHEN

CLUTTERED KITCHENS MAKE YOU FAT

DECLUTTER YOUR KITCHEN...

ESPECIALLY IF STRESSED
HEALTHY FOODS FIRST THING YOU SEE

In the fridge:
• Precut vegetables and low fat dip
• Fruit
• Low fat cheese, yogurt, cottage cheese

In the pantry:
• Tuna and cracker packs
• Whole wheat grains like bread and crackers
• Nuts
• Oatmeal
• Air popped popcorn

The 1st Thing You See, You’re 30% More Likely to Eat.

Dr. Brian Wansink and the Cornell Food and Brand Lab
GO FOR A 9-INCH PLATE EVERY TIME

SMALL PLATES LOSE WEIGHT

© Wansink & Van Itterdijk (J of Environ. Plan. - Applied 2014); Wansink, 4,4LA BY DBH-6N, 2014

Dr. Brian Wansink and the Cornell Food and Brand Lab
WORK WELLNESS

• Move the candy dish at least 6 feet away from you. Out of sight is preferable.
• Put candies in a opaque bowl instead of clear.
• Put candies in the dish you don’t like to eat.
• Keep the “goodies” area out of sight, or place something that will block your view.
• Try replacing the candy bowl with a fruit bowl.

If the Candy Dish is 6 Feet Away, you Eat ½ as Much

LESS IS MORE

• Eat half of that granola bar and save the rest for tomorrow

• Cut up your reduced-sized snack to make it appear like more

• If you have to have your co-worker’s homemade cookies, just have half

• Once you finish eating, distract yourself with a phone call, email, or a project for 15 minutes
The Financial Impact of Improved Health Behaviors Worksheet

<table>
<thead>
<tr>
<th>Improved Health/Nutrition Practice</th>
<th>Weekly Savings</th>
<th>Annual Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saving $3 a day currently spent on junk food, fast food, or alcohol</td>
<td>$21</td>
<td>$1,092</td>
</tr>
<tr>
<td>Getting two meals from one by eating smaller servings</td>
<td>$9</td>
<td>$468</td>
</tr>
<tr>
<td>Quitting smoking (a pack a day)</td>
<td>$35</td>
<td>$1,820</td>
</tr>
<tr>
<td>Substituting pasta, beans, soups, etc. for meat 2-3 times per week</td>
<td>$15</td>
<td>$780</td>
</tr>
<tr>
<td>Reduce the number of meals eaten away from home by two</td>
<td>$10</td>
<td>$520</td>
</tr>
</tbody>
</table>

Better health = Better/longer ability to work = More $10% Weight Loss = $5,300 in Savings
Good Nutrition

- Increased Energy & Stamina
- Improved Health
- Decreased Stress & Improved Mental Health

- Increased Finances
- Higher Productivity
- Decreased Medical Visits

- Improved Health
- Increased Energy & Stamina
MIND SET

• What is motivating you now?
• Are you ready?
• Is this the right time?
• What worked in the past? What didn’t?
• Can you continue if you slip?
TAKE A SERIOUS LOOK AT...

- Influences
- Big picture
- 6 months from now? Next year? 5 years?
- Resources needed
WAYS TO STAY MOTIVATED

- Reward yourself
- Do it with a buddy
- Get the family involved
- Join a contest
- Old pictures
- Stay Positive
BEYOND NUTRITION

• Apply to any health aspect:
  • Sleep
  • Alcohol
  • Smoking
  • Lack of exercise
  • Visiting your doctor regularly
  • Taking your medications as prescribed
  • Being more engaged in your overall health
YOUR FUTURE YOU
RESOURCES
WE CAN HELP

iebp.org
TOOLS FOR YOU

Make one healthy choice at a time.

Strive for progress, not perfection. Start by choosing a health goal and set up an Action Plan. Today is your day!

Get Started

NEW! March Seminar - Mindful Eating
Mindful eating can help you be in control of your eating habits.

View Seminar

Earn Now
Earn credits while working on healthy changes. It's easy!

Ways to Earn

Trackers
Your last blood glucose entry was 86 mg/dl 01/26/2018.

Update Trackers

Library
Find articles, videos and tools that can help you take action to stay healthy and feel your best.

Visit the Library

iebp.org
Track Your Progress

Tracking is a great way to stay on top of your habits. Check out your options and start today!

- **A1c**: Track your A1c.
- **Activity**: Track your activity level.
- **Blood Glucose**: Track your blood sugar.
- **Blood Pressure**: Track your blood pressure.
- **Cholesterol**: Track your cholesterol.
- **Nutrition**: Track your food intake.
- **Peak Flow**: Track your peak flow.
- **Sleep**: Track your sleep patterns.
- **Stress**: Track your stress level.
- **Tobacco**: Track your tobacco use.
- **Weight & BMI**: Track your weight and BMI.

**Update Trackers**
LIBRARY

Library
Find articles, videos and tools that can help you take action to stay healthy and feel your best.

Visit the Library

How can we help you?

Enter keyword(s)

Search

Browse Main Categories:

Wellness
Get resources that can help you lose weight, get in shape, ease stress and more.

Conditions
Check out easy-to-read guidance on common medical conditions.

Pregnancy & Baby
Find info and resources about having and caring for a healthy baby.

Tobacco Free
Learn science-tested techniques that can help you live tobacco-free for good.

iebp.org
CONTACT A PROFESSIONAL HEALTH COACH

BeWell at TML IEBP
Contact a Professional Health Coach
1-888-818-2822

Discuss your health concerns, understand medications, develop healthy habits and more.
UPCOMING WEBINARS FOR 2018

- Weight Management
- Tobacco Cessation
- Diabetes Management
REFERENCES & RESOURCES

- TML Health Coaches 888-818-2821
- Academy of Nutrition and Dietetics Source Link: http://www.eatright.org
- The Mayo Clinic Source Link: https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342
- CDC Source Link: https://www.cdc.gov/obesity/data/prevalence-maps.html
- https://drhowardrankin.wordpress.com/
- Nutrition 411 Source Link: http://www.nutrition411.com/home
- Rutgers: Financial Impact of Improved Health Behaviors https://njaes.rutgers.edu/health-finance/health-behaviors.php